



OFFICE OF PUBLIC INSTRUCTION

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Superintendent

THINK FOOD

School Nutrition Programs Late September 2005



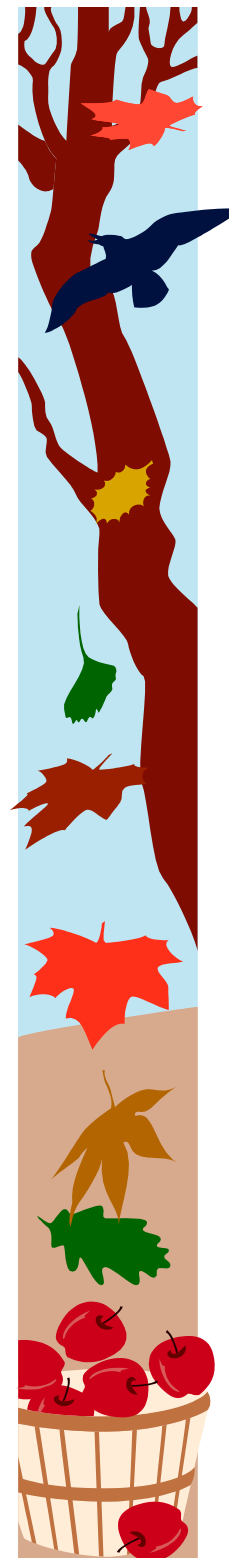
FLAVORFUL FALL FRUITS AND VEGETABLES

During visits to schools, reviewers from this office occasionally see fruits and vegetables on the menu that are poorly accepted by students. Fruits and vegetables must be served to comply with regulations, but it is also important that students find them appetizing. The taste and appearance of menu items are the biggest factors determining whether students will eat them. Here are some suggestions to be sure your menu items are appealing.

- ❖ Make colorful fruit salads
- ❖ Serve sliced fruit with yogurt dressing
- ❖ Serve fresh, colorful vegetables with low-fat dip
- ❖ Make smoothies with juice and frozen fruit

- ❖ Shred carrots or zucchini and add them to breads and muffins
- ❖ Offer a colorful salad bar
- ❖ Make side salads with a variety of fixings, such as cherry tomatoes, olives, fresh green peppers, and shredded cheese
- ❖ Make a fruit and yogurt parfait

Fruits and vegetables add color, crunch, and flavor to soups, side dishes, beverages, and desserts. Any meal can be made prettier or tastier with a wedge of watermelon, fresh strawberries, or sliced tomato. Sell the students on color.



NATIONAL SCHOOL LUNCH WEEK (October 10-14, 2005)

Be sure to celebrate National School Lunch Week in October. The theme is "School Lunch: It's Instrumental."

Creative menus, fun activities, logos, promotional items, and other goodies can be found at the Web site:

www.schoolnutrition.org/nslw/

COMMODITY UPDATES

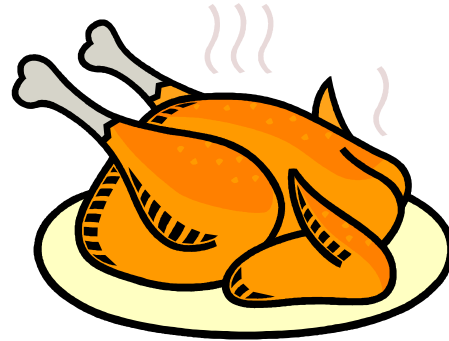
Additional cases of the frozen commodities listed below are available. The deadline to add these to your shipment four order is October 5. These are NOT bonus and will be charged to your entitlement. Fax the commodity request form that is available on the School Nutrition Programs Web site to (406) 444-2955. No telephone orders please.

- Peas, frozen
- Oven Fries
- Chicken, breaded
- Chicken Pattie Tenders (there will be a processing fee for RCCIs and private schools)

Turkey Roasts - Good & Bad News

Two truckloads of turkey roasts were ordered for August and September deliveries. The good news is that the August shipment has arrived. The bad news is the September truckload has been moved back to a January delivery. The shipment we have received will be allocated to those schools that placed turkey roast

orders. When the second truckload arrives, the rest of your order will be filled.



NEW AND IMPROVED WEBSITE!

School Nutrition Programs has revised the look of our Web site. When you access the School Nutrition Programs page you will now see a blue box to the left listing all of our programs as well as other information. As a food service manager, a couple of the most helpful sites will be the Lunch, Breakfast, Snacks and Milk site and the Food Distribution Commodity Program site. The Lunch, Breakfast, Snacks and Milk site contains the Food Service Packet mailed to you at the end of each summer and it also has a drop down menu with forms and information specifically for food service managers. The Food Distribution Commodity Program site has a number of forms related to commodities as well as the Think Food memo. You are encouraged to surf around the new Web site!

Forms and other important information regarding School Nutrition Programs can be found on the Web page www.opi.mt.gov.